

DISCOVER NATURE WOMEN'S SPRING FLING WEEKEND RETREAT April 26-28, 2013

MDC
DISCOVER nature



This workshop is offered to women 18 years old and older. Girls aged 14-17 are welcome when accompanied by an adult woman participant.



Weekend Schedule

Friday Evening:

6:30 Arrive, check into cabins
(*Dinner not provided*)

7:30 Welcome

Orientation to Event/Icebreaker

8:00 Naturalist Guided Night Hikes

9:00 Campfire / Music / S'mores

Saturday

7:00-8:00 Breakfast

8:30 – 11:30 Sessions

12:00 Lunch

1:30 - 4:30 Sessions

6:00 -7:00 Supper

7:00 Slide Show Presentation

9:00 Campfire / "Facing Our Fears with
storyteller Molly Postlewait / S'mores

Sunday

7:00-8:00 Breakfast

8:30 – 11:30 Sessions

12:00 -1:30 Lunch and Evaluation

1:30 Depart

The Discover Nature - Women's Spring Fling Workshop provides a safe and friendly environment where women experience hands-on outdoor skills training with a team of professionals.



Lake Doniphan Conference & Retreat Center is nestled in
300 acres on the eastern edge of historic Excelsior Springs.

Call 816-630-1523 or www.lakedon.org

Lodging and Meals

Participants are responsible for making their own room reservations with Lake Doniphan. 816-630-1523. Payment due with registration by credit card only. Accommodations will be assigned on a first come first served basis.

Accommodations: Prices vary with the number of participants per room and lodging options. Cost includes lodging for 2 nights, linens and towels, and 5 meals.

- **Main Lodge:** Hotel style rooms with private bath.
One person/room, \$199 per person/per weekend
Two persons/room, \$142 per person/per weekend
- **Rustic Cabins with A/C:** Sleeps 2-4, nearby shower and bathrooms.
\$97 per person/per weekend
- **Camping with electricity:** Nearby shower and bathrooms.
\$87 per person/per weekend
(Linens, towels and pillows are not included with this option.)

*Contact Lake Doniphan for specific details on each lodging option.

Check in after 6:30 pm on Friday, April 26. Orientation begins at 7:30 pm Friday. Dinner is not provided Friday evening.

Confirmation Number

Be sure to keep a record of your Lake Doniphan lodging confirmation number and record this number in the space provided on the registration form on the last page of this brochure. This number must be included with the registration form and deposit fee prior to the workshop for you to be accepted into the workshop. Registration is not valid without these items.

Deposit Fee and Deadline

Mail or hand deliver completed registration form, \$20 deposit, and confirmation number to:

Burr Oak Woods Nature Center
Discover Nature – Women's Spring Fling
1401 NW Park Rd
Blue Springs, MO. 64015

Deadline: 5:00 pm, April 12, 2013 Your \$20 deposit will be refunded to you when you check in at the MDC registration table. Deposit fees will only be returned to registered participants in attendance.

Alcohol/firearms

Use of alcoholic beverages, illicit drugs, firearms, and fireworks are forbidden on Lake Doniphan property.

Course Descriptions:

Leisurely: course not physically demanding

Moderate: course requires some physical activity

Strenuous: course requires some strenuous physical activity

Archery (Moderate)

Discover the ancient art of archery. Develop techniques that will assure a bullseye every time. You will have ample practice time to develop your new skills.

Camping/Backpacking (Moderate)

Have you always wanted to try camping? Are you curious about backpacking but are not sure how to get started? This hands-on session will help you build confidence and prepare you to set out on an adventure of your own!



Canoeing/Kayaking (Moderate/Strenuous)



Canoeing is a great way to explore Missouri's 57,000 miles of navigable streams. Understanding proper canoeing techniques will make those excursions fun and safe. Our expert instructors will teach you the basic strokes and strategies that will prepare you to float any stream in Missouri.

Fishing (Leisurely)

Get hooked on one of the world's most popular outdoor activities. This course teaches you the basics on fishing techniques, equipment, bait, lures, knots and fish identification.

Orienteering (Moderate)

Have you ever been lost? Learn to explore with confidence as you discover how to navigate the back-country using a compass or GPS unit. Fun filled activities will take the mystery out of finding your way.

Outdoor Cooking (Leisurely)

You don't need a fancy kitchen to make great meals while exploring in Missouri's outdoors. You can create delicious meals in foil, on a stick or with a Dutch oven. Learn how to care for Dutch ovens and how to cook over an open fire safely while getting a great start on your campfire recipe collection.



Tracking and Animal Signs (Moderate)

Hunting for wild game is a tradition that has been passed down in every culture for thousands of years. This hands-on course will explore some basic hunting skills that will improve your success the next time you want to bag game for the table. Topics will include hunting safety, animal signs, tracking, camouflage and tree stands.

Wild Edibles (Leisurely)

Discover how to harvest and prepare wild edible plants for your dinner table. This session will include plant identification, safety, conservation and preparation of wild plants. Foraging for wild plants is a great way to discover nature and have a lot of fun!



Payment and registration information

MDC Deposit fee is \$20.00 per person

There is no deposit fee for young women aged 14-17 when registered with an adult.

However, participants aged 14-17:

- Are responsible to Lake Doniphan Conference and Retreat Center for room and meal costs.
- Must be accompanied at courses by the adult they are registered with.
- Must have consent form signed by a parent or guardian.

Cancellation Policy

MDC Policy: If you cancel on or before April 11, 2013, you will be refunded your \$20 deposit. Deposit will not be refunded if you do not attend or cancel by **April 11, 2013**.

You MUST ALSO CONTACT LAKE DONIPHAN CONFERENCE AND RETREAT CENTER TO CANCEL YOUR LODGING AND MEALS.

Lake Doniphan Conference and Retreat Center Policy: Cancellation fewer than 30 days prior to arrival will result in forfeiture of deposit.

Special Needs

In compliance with the American Disabilities Act, this workshop will make all reasonable efforts to accommodate people with special needs. Please include a letter with your registration form describing any special needs you have.

For more information contact:

Lisa LaCombe at **816-655-6263 ext 232** or **lisa.lacombe@mdc.mo.gov**

Burr Oak Woods at **816-228-3766** or **burroak@mdc.mo.gov**





REPLY TO: Lisa LaCombe
Outreach & Education
Missouri Department of Conservation
Burr Oak Woods Nature Center
1401 NW Park Rd
Blue Springs, MO 64015
816 228 3766
Fax: 816 655 6267

My daughter, _____, is between the ages of 14
(Name)

and 17, age _____, and she will be attending the Discover Nature - Women
(Age)

Spring Fling event held April 26-28, 2013, at the Lake Doniphan Conference and Retreat Center in Excelsior Springs, Missouri. I will not be attending the event but give

permission for my daughter to attend this event with _____ who is
(Name)

(Relationship to parent(s)/daughter)

Please provide Emergency Contact Information:

(Name & Phone Numbers)

I understand that the person named above is responsible for my daughter at the event and that she and my daughter will attend all workshops together. I understand that my daughter will not be permitted to attend the event with someone other than myself unless this form is completed and returned.

Signature of Parent/Guardian

Date

Printed Name of Parent/Guardian

This form must be completed, signed, and returned to Lisa LaCombe.

Discover Nature – Women's Spring Fling 2013

Lake Doniphan Conference and Retreat Center
12856 Doniphan Lake Road, Excelsior Springs, MO 64024
www.lakedon.org

Friday April 26 - Sunday April 28
Registration Form

Name _____
If minor, age _____ Attending with _____

ADDITIONAL PERMISSION FORM REQUIRED IF MINOR IS NOT ATTENDING WITH PARENT OR LEGAL GUARDIAN

Address _____

City _____ State _____ Zip _____

Daytime phone number _____ E-mail _____

In case of emergency, please contact _____

Phone number _____

Lake Doniphan Confirmation # _____

Registration is not valid without this number

Course Selection:

Participants will attend 3 sessions. Please rank your choices as 1 (most preferred) through 8 (least preferred). Every effort will be given to allow your participation in the programs of your choice. However courses will be assigned on a first come first served basis, and assigned according to what is available.

_____ Archery	_____ Orienteering
_____ Camping/Backpacking	_____ Outdoor Cooking
_____ Canoeing/Kayaking	_____ Tracking and Animal Signs
_____ Fishing	_____ Wild Edibles

Meal considerations

Please check if you are

☐ Vegetarian ☐ Diabetic ☐ Have severe food allergies

Mail this form with deposit fee to:

Discover Nature – Women's Spring Fling
Burr Oak Woods Nature Center
1401 NW Park Road
Blue Springs, MO 64015

Please make all checks payable to the Missouri Conservation Heritage Foundation (MCHF) and earmark Burr Oak Woods in the bottom left corner of your check.

Registration Deadline: April 12, 2013

Signature required: I recognize this event involves risk and I take responsibility for action or injury that may result by participating. I agree to accept the conditions set forth in the cancellation policy. I understand that photographs and/or videos may be taken during the event and may be used in future support of this or other programs that highlight or encourage participation in outdoor activities.

Signature



www.missouriconservation.org

Equal opportunity to participate in and benefit from programs of the Missouri Department of Conservation is available to all individuals without regard to their race, color, national origin, sex, age or disability. Questions should be directed to the Department of Conservation, P.O. Box 180, Jefferson City, MO 65102, (573)751-4115 or 800-735-2966 (TTY), or to the U.S. Fish and Wildlife Service Division of Federal Assistance, 4401 N. Fairfax Dr, Mail Stop: MBSP-4020, Arlington, VA 22203